

Understanding Psychological Changes During Pregnancy

First stage

The first 16 weeks

Physically, women in early pregnancy may experience discomfort and become acutely aware of their body.



Psychologically, pregnant women may alternate between anxiety related to being pregnant but not being ready and happiness regarding the prospect of having a baby, causing mixed feelings about the pregnancy.



Second stage

Weeks 17-28

Pregnant Pregnant women tend to pay more attention to their baby and value prenatal education.



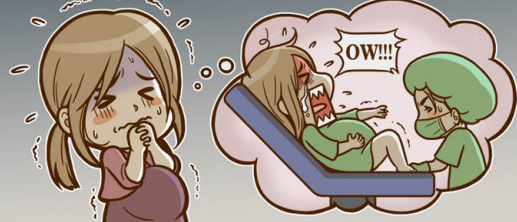
Third stage

Weeks 29-40

Physical changes and discomfort affect pregnant women's sleep quality, which means they easily feel tired.



Because of fear concerning the pain and risk connected with childbirth, pregnant women may become vulnerable and anxious.



Following childbirth

Soon after giving birth, because of the stress caused by postpartum hormone changes, the pain and loss of energy during childbirth, or the changes in their family and social roles, women are likely to have unstable emotions and feel down.



For emotional problems before or after childbirth, please call **1925** (Ministry of Health and Welfare exclusive hotline), **1995** (Taiwan Lifeline), or **1980** (Teacher Chang Foundation). The Department of Public Health, Taoyuan also provides counselling services. You can also perform simple tests with the Emotion Thermometer app to safeguard your own mental health.

